

Appendix 1

Vitamin D treatment options for adults.

Treatment Options Prescribe on FP10	Product (prescribe as brand)	Dosage	Total cost of loading regime	Total Units of Vitamin D	Medico-legal category
1 st choice	InVitaD3 50,000IU soft gelatine capsule	1 capsule per week for 6 doses	£9.90	300,000IU	Licensed medicine. POM Adults only
2nd If swallowing difficulties or unable to tolerate gelatine	InVitaD3 50,000IU/ml unit dose ampoule	1ml (50,000IU) by mouth every week for 6 doses	£12.50	300,000IU	Licensed medicine. POM Adults only
3rd If sensitive to/intolerant of ingredients in InVitaD3 capsules and/or daily dose is required (e.g. MDS)	Desunin 4000IU tablet	1 tablet daily for 10 weeks	£15.90	280,000IU	Licensed medicine. POM 12Y +
4th Hospital Only (Red Drug) if compliance issues or malabsorption suspected.	Colecalciferol injection 300,000IU	300,000IU via I.M. injection once per month for 3 months.	£5.16, only if obtained from Mawdsleys.	900,000IU	Unlicensed special.

Vitamin D maintenance options for adults where prescribing is appropriate:

Maintenance Options for adults Where prescribing is appropriate	Product	Dosage	Cost of maintenance for one year	Average daily dose of vitamin D	Medico-legal category
1 st choice	InVitaD3 25,000IU soft gelatine capsule	1 capsule every month	£15.80	833IU	Licensed medicine. POM 10Y +
2nd	InVitaD3 25,000IU/ml unit dose ampoule	1ml (25,000IU) by mouth once every month	£17.80	833IU	Licensed medicine POM
3rd if daily dose required e.g. frail, elderly using MDS	InVitaD3 D3 800IU soft gelatine capsule	1 capsule daily	£32.59	800IU	Licensed medicine. POM 12Y +
4 th If sensitivity to ingredients in inVitaD3 capsules and daily dose is required.	colecalfiferol 1000IU tablet	1 tablet daily	£38.46	1000IU	Licensed medicine. POM 12Y +
5th Hospital Only (Red Drug) if compliance issues or malabsorption suspected.	Colecalciferol injection 300,000IU	300,000IU via I.M. injection once every 6-12 months.	£1.72-£3.44	822-1644IU	Unlicensed special.

Vitamin D treatment options for children 0-18years:

Age	Options	Product (prescribe as brand)	Dosage	Total cost of loading regime	Total Units of Vitamin D	Medico-legal category
0-6 months	Treatment Dose Regime		3000IU daily for 4 – 8 weeks.		84,000IU-168,000IU	
	1	Aciferol D3 3,000IU/ml solution	1ml (3,000IU) daily for 4-8 weeks.	£19.99 (after discount)	84,000-168,000IU	Unlicensed Nutritional supplement
6 months to 12 years	Treatment Dose Regime		6,000IU daily for 4-8 weeks		168,000-336,000IU	
	1	Aciferol D3 3,000IU/ml solution	2ml (6,000IU) daily for 4-8 weeks.	£19.99-£38.98 (after discount)	168,000-336,000IU	Unlicensed Nutritional supplement
	Alternative if compliance problems with daily dose (prescription only)	InVitaD3 25,000IU/ml unit dose ampoule	1ml (25,000IU) by mouth every 2 weeks for 8 doses (equivalent to 1,786IU/day)	£11.87	200,000IU	Off-label use of licensed product P.O.M.
12 years to 18 years	Treatment Dose Regime		10,000IU daily for 4-8 weeks		280,000-560,000IU	
	1	Aciferol D3 tablet 10,000IU	1 tablet daily for 4-8 weeks	£11.19-£22.38 (after discount)	280,000-560,000IU	Unlicensed Nutritional supplement
	Alternative if compliance problems with daily dose (prescription only)	InVitaD3 25,000IU/ml unit dose ampoule	1ml by mouth every 2 weeks for 12 doses	£17.80	300,000IU	Off-label use of licensed product P.O.M.

Vitamin D maintenance options (where prescribing is appropriate)

for **children 0-18years.**

Age	Maintenance Dose Options where prescribing is appropriate	Product	Dosage	Cost of maintenance for one year	Average daily dose of vitamin D	Medico-legal category
0-1 year maintenance	1	ProD3 Liquid Drops 100IU/drop	4 drops daily	£32.00	400IU	Unlicensed medicine. Nutritional supplement. Available OTC.
1 to 18 years maintenance	1	ProD3 Liquid Drops 100IU/drop	4 drops daily	£32.00	400IU	Unlicensed medicine. Nutritional supplement. Available OTC.
Prescription only	Alternative if compliance problems with daily dose	InVitaD3 25,000IU/ml unit dose ampoule	1ml (25,000IU) by mouth every 8 weeks	£12.83	446IU	Licensed product being used at off-label dose regime. P.O.M.

Updated: 29th July 2021